

Town of Brookhaven's Division of Women's Services Presents the 11th Annual Conference and Expo

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Farmingville, NY – On October 14, more than 200 women attended the Town of Brookhaven's Division of Women's Services 11th Annual Conference and Expo held at Town Hall. A highlight of the event was the presentation by keynote speaker Debi Silber, author of the newly published #1 Amazon Bestseller; "The Unshakeable Woman." She engaged the audience with her "Four Steps to Rebuilding your Body, Mind and Life after a Life Crisis," discussing how to use a life crisis as an opportunity to rebuild your body, mind and life and create something even better than before. There were also two workshops, "Healthy Living by Design," presented by Cherie Christmas and Dr. Nané Cheung, and "Quick and Easy 30 Minute Meals," presented by Christine Egan. The event also included breakfast, lunch and 35 vendor booths, all geared toward promoting wellness and personal growth in the lives of women.

Pictured left to right at the podium are Councilwoman Valerie M. Cartright, Supervisor Ed Romaine and Town Clerk Donna Lent.

Division of Public Information * Office of the Supervisor

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